



# Reclaim Your Health Through Healing Cuisine

*Mary Fran Petaja*

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# Reclaim Your Health Through Healing Cuisine

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## **Reclaim Your Health Through Healing Cuisine** Mary Fran Petaja

Reclaim your Health through Healing Cuisine cookbook is designed for people on restricted diets for inflammation, autoimmune diseases and a healthier lifestyle. Have you ever felt that some foods have a negative effect on your body? You can eat your way to good health.

I am excited to share with you how selected foods can help you feel better in the healing processes to live a normal healthy life. I have gone through many challenging struggles with my health and have overcome them. When I started, I didn't know how to cook for my restricted diet. Now experienced, with the help of my gourmet cook, I have come up with some fun and delicious ways to eat and not feel like I am missing out on anything.

Finally a Recipe book for people on restricted diets! No Grain, No Sugar, No Gluten, No Soy, No Corn, No Peanuts, No Hormones!

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